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| **What to include** | **Detail** |
| Contents page | * Number pages |
| Aims of your PEP | * Sports specific aim |
| Fitness components | * Which are important to your aim * Your scores * Why would it be good to improve your performance on your chosen areas |
| Methods of Training | * Which is the best method for your aim (if there is more than one decide) * Why is this appropriate (and more appropriate than the other) * What will it achieve * Which wouldn’t you use and why? * What are you wanting it to improve (state muscles etc) |
| SMART targets | * Clear SMART linked to component and playing performance |
| Principles of training | * How are they applied * How are they used in your PEP |
| Evaluation | * Discuss data collected * Fitness results compared and interpreted * Data is interpreted and analysed * Identify any abnormalities * Is the data as good as hoped? * Evaluate the method of training used * Are there any issues with the PEP – how would you overcome these in future? |
| Conclusions | * Any changes you would make? * What if you were to continue? * Overall findings |
| **APPENDIX** | |
| PARQ | Completed PARQ |
| Your background | Your sporting background |
| Other Fitness Testing scores Pre PEP | Component/fitness test/Pre PEP score/Normative data |
| Other Fitness Testing scores Post PEP | Component/fitness test/Pre PEP score/Normative data |
| Record sheets x6 |  |
| Graphs | e.g.  Repetitions in circuit  Number of interceptions made in games  Component re test  Heart rate (resting/working/end)  Rest time |
| Detail into your exercises | Detail of circuit/diagrams |
| Warm up/Cool down | Details of  Muscles used |
| Timetable of training | Wk 1-6  What is happening each day? |
| Thresholds of training | Aerobic/Anaerobic based on your aim  How do you calculate?  Your calculations |

**Personal Exercise Program PEP**